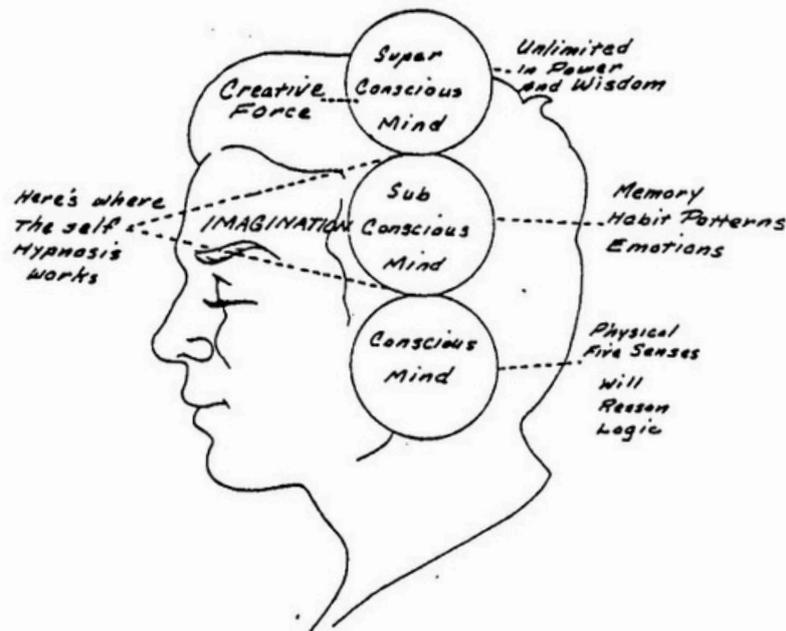


TECHNIQUE, PART IIPURPOSE

The purpose of these four classes is to teach you how to hypnotize yourself and to help you to understand, in a general sense, HOW to formulate suggestions to give to yourself that will be **POSITIVE, CONSTRUCTIVE AND THERAPEUTIC.**

These four classes are not intended to be therapeutic. They give you the **KNOW HOW** to hypnotize yourself, and teach you about suggestions in a positive and constructive way. You will know how to formulate a suggestion and apply it **EFFECTIVELY.** The Advanced Classes are therapeutic, and help you make the changes.

WILL AND IMAGINATION

When will and imagination are in conflict, imagination wins out. When there is a conflict between imagination and will, or the conscious and the subconscious mind, the imagination always wins out. For example: If we had a 2' by 6' plank and laid it on the floor or on the ground, you could walk it without falling off. Even ladies with high heels could probably walk it without falling off. Take the same 2' by 6' plank and put it between 2 buildings, 2 stories high, then what happens? The imagination comes in and unless you are a trained acrobatic and stunt man, you will probably not walk the plank. If you could use your will and make everything work out that you wanted, you would not need these classes.

DEACTIVATE THE WILL DURING SELF-SUGGESTION

The will must not be brought into play when practicing autosuggestion (self-suggestion). The will is of the conscious level and should be deactivated when you are practicing self-suggestion.

TRAIN THE IMAGINATION

Results are unsatisfactory when, in treating moral ailments, one strives to re-educate the will. It is the training of the imagination that is necessary.

The will is on the conscious level and the imagination is on the subconscious level. For this reason, the imagination should be trained because the problems

are in the subconscious. This is where the MEMORY BANKS, and the HABIT PATTERNS are. This is where there are hang ups, blocks or complexes.

IMAGE IN

Imagination means "to image in", NOT fantasy.

Imagination is almost always used in the wrong way. We say, "Oh, that's just your imagination", when we really mean fantasy. The word, "imagination" means to image in, to look within yourself. Imagination is truly the Creative Force. It is the same force that God used when He spoke the Word and created the universe. It is the same force that you use when you create anything. If you were going to make a chair, what is the first action that you must take? You must first image in the picture of the chair in your mind to see what kind of chair it is. If you are going to build a house you get a contractor. But, you first have to have the BLUEPRINT to give to the contractor so he knows exactly what type of house. The "blueprint" comes from your imagination, from inside your mind, imaging in. You are looking within yourself to see what type of house, what type of chair you want. It is the beginning force, the mental action of the Creative Force.

SUGGESTION IS IN THE SUBCONSCIOUS

The work of suggestion goes on in the subconscious and has nothing to do with conscious effort. The suggestion in hypnosis is like the bullet for the gun. The hypnosis is the gun. The gun without the bullet is no good. The suggestion does the work in hypnosis, and it is an action taken upon the subconscious to bring about the results you want.

Self hypnosis involves the subconscious mind. The conscious mind is deactivated or quieted down through the hypnosis. So, the action is going on in the subconscious.

IMAGINATION COMES BEFORE WILL

Imagination is prior to the will and provides fuel for it. We will what we have already imagined.

Imagination must always come first. Even lifting your arm, requires first, in your mind, that you image the arm being lifted. This image triggers signals in your brain that go down through the nerve centers to the muscles to bring about the action of lifting your arm. You are not consciously aware of this image, because it is done quickly and automatically, never the less, it is there.

To concentrate on the will would be putting the cart before the horse. Most people try to accomplish things on the physical plane through the will power only. This is a mistake because the action of the imagination and thinking it through on the mental levels has to come FIRST, then the will is placed into action.

EVERYTHING COMES FROM ABOVE DOWN

EVERYTHING COMES FROM ABOVE DOWN. *clearly written out* This is the most important statement in this second class.

The flow of life comes from above down. We are spiritual, mental and physical beings. The flow of life comes from the spirit, down through the mental level and down into the physical. The inspiration from the spirit is constantly there. We could call this the Evolutionary Force. It is constantly being impressed on us to do better, to improve, to move forward. This comes DOWN into the mind as an IDEA, and then a pattern is formed, a visual image, an impression. Then the action is taken on the physical level. The physical action or manifestation is the outworking of the action taken on the ABOVE level FIRST.

HOMEWORK

Daily: Practice self hypnosis at least once a day, using the suggestions given in class (No personal suggestions until after the 3rd class)

Read class notes at least once a day



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